



SUN SAFETY AT SCHOOL

PA Announcements

Did you know that skin cancer is the most common form of cancer in the United States? Nearly all skin cancer can be prevented through sun safe behaviors. Just **Slip** on a shirt, **Slop** on sunscreen, and **Slap** on a hat!

Cloudy or sunny, the sun's harmful UV rays will find you! Be sun safe...**Slip** on a shirt, **Slop** on sunscreen, and **Slap** on a hat!

Nearly all skin cancer can be prevented by limiting exposure to the sun's harmful UV rays. Ultraviolet rays are an invisible form of radiation that come from the sun. Tanning beds, booths, and sunlamps are also sources of harmful UV radiation. Why fry? Protect the skin you're in!

Have you been led to believe that indoor tanning is safe? The truth is . . . it's not! **ALL** indoor tanning devices that emit UV rays are dangerous. And indoor tanning does not protect you from sunburn. Protect the skin you're in!

You can't hear your skin cooking out in the sun. But if it's not cooking, why do they call it sunburn? Don't get burned...**Slop** on sunscreen with a SPF of 15 or more 30 minutes before going outside. Reapply sunscreen every two hours and after swimming or sweating.

Fry now, pay later! Even one severe sunburn while you're young can double your risk of developing skin cancer later in life. So, let's face it, your mom was right when she told you it wasn't good to fry out in the sun. **Slip** on a shirt, **Slop** on sunscreen, and **Slap** on a hat!

Sun spots, wrinkled skin, even cancer. Don't think it can happen to you? Think again. More than 1 million cases of skin cancer occur each year in the United States. But, guess what? Nearly all skin cancer can be prevented if you avoid indoor tanning and **Slip** on a shirt, **Slop** on sunscreen, and **Slap** on a hat when outdoors.

Winter, spring, summer, or fall, you enjoy spending time outdoors and in the sun. While some sun exposure can be enjoyable, too much is dangerous. **Slip** on a shirt, **Slop** on sunscreen, and **Slap** on a hat!

Ouch! Don't let a sunburn slow you down. Any change in skin color, sunburn or suntan, means you have damaged your skin. Protect the skin you're in - **Slip** on a shirt, **Slop** on sunscreen, and **Slap** on a hat!

Sources: American Cancer Society, Centers for Disease Control and Prevention, Environmental Protection Agency
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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. No matter who you are, we can help. Contact us anytime, day or night, for information and support. **Hope.Progress.Answers.** / 1.800.ACS.2345 / www.cancer.org